

Garden Stir-Fry

Makes: 4 Servings

“This is my favorite recipe because it tastes great, and it is fun to make! My mom, sisters, and I grow all the vegetables in our garden,” says Kaitlyn. “We pick the vegetables in the morning, wash and cut them, and have them ready for our dad to stir-fry when he arrives home for lunch. We serve the recipe with cooked quinoa and a glass of soy milk.”

Ingredients

1/2 cup low-sodium chicken broth
1/2 tablespoon cornstarch
1 teaspoon reduced-sodium, wheat-free soy sauce
1 tablespoon sesame oil
2 cloves garlic (minced)
1 teaspoon freshly grated ginger
2 cups chopped broccoli
1 1/4 cups chopped yellow squash
1 1/4 cups carrots (cut into matchsticks)
1 1/4 cups sugar snap peas
1 cup sliced onion
1 cup sliced red bell pepper

Directions

1. In a medium bowl, whisk together the chicken broth, cornstarch, and soy sauce. Set aside.
2. In a wok or sauté pan over moderately high heat, warm the sesame oil.
3. Add the garlic and ginger and cook for 1 minute.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	100	
Total Fat	4 g	6%
Protein	3 g	
Carbohydrates	15 g	6%
Dietary Fiber	5 g	20%
Saturated Fat	1 g	5%
Sodium	215 mg	5%

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Vegetables	1 3/4 cups
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4. Add the broccoli, squash, carrots, sugar snap peas, onion, and bell pepper and cook until tender, 7 to 10 minutes.
5. Add the soy sauce mixture, reduce the heat to moderate, and continue cooking until the sauce is thickened.

Notes

State: Minnesota

Child Name: Kaitlyn Kirchner, 9